

# August/September 2021

Menu is subject to change

Variety of fresh fruit and vegetable offered daily  
Student Choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Meal Pricing SY 2021-2022</b>  <b>Lunch \$0.00</b> <b>Al a Carte \$1.75</b> <b>Milk \$0.50</b> <b>Adult Lunch \$5.00</b>	WG-Mini Turkey Corn Dogs <span>31</span>  Multi Grain Sun Chips  Sun Butter Jelly WG- Sandwich  Salad Bar	WG- Chicken Nugget Drummys <span>1</span>  Sweet Potato Fries  Turkey & Cheese WG-Sandwich  Salad Bar	WG-Cheese Pizza <span>2</span>  Toss Salad  Ham & Cheese WG-Sandwich  Salad Bar	<span>3</span>  <b>No School</b>
<span>6</span>  <b>No School</b>	Bosco Cheese WG- Stick <span>7</span>  Marinara Sauce  Sun Butter Jelly WG-Sandwich  Salad Bar	Spaghetti & Meat Sauce WG-Butter Noodles <span>8</span>  Green Beans Garlic Bread  Turkey & Cheese WG-Sandwich  Salad Bar	Hamburger or Cheeseburger On WG-Bun <span>9</span>  Tatar Tots  Ham & Cheese WG-Sandwich  Salad Bar	Orange Chicken <span>10</span>  Brown Rice  Sun Butter Jelly WG-Sandwich  Salad Bar
Sloppy Joe On WG-bun <span>13</span>  French Fries Baked Beans  Ham & Cheese WG-Sandwich  Salad Bar	WG French Toast Sticks <span>14</span>  Turkey Sausage  Sun Butter Jelly WG-Sandwich  Salad Bar	Hot Dog or Chili Dog On WG-Bun <span>15</span>  Multi Grain Chips  Turkey & Cheese WG-Sandwich  Salad Bar	Waling Taco With fixings <span>16</span>  Spanish Rice  Ham & Cheese WG-Sandwich  Salad Bar	Chicken Tenders WG <span>17</span>  Apple Waldorf Salad  Sun Butter Jelly WG-Sandwich  Salad Bar
Chicken Patty On WG-Bun <span>20</span>  Black Bean & Couscous salad  Ham & Cheese WG-Sandwich  Salad Bar	WG-Mini Turkey Corn Dogs <span>21</span>  Multi Grain Sun Chips  Sun Butter Jelly WG- Sandwich  Salad Bar	WG- Chicken Nugget Drummys <span>22</span>  Sweet Potato Fries  Turkey & Cheese WG-Sandwich  Salad Bar	WG-Cheese Pizza <span>23</span>  Toss Salad  Ham & Cheese WG-Sandwich  Salad Bar	Grilled Cheese WG-Sandwich <span>24</span>  Tomato Soup  Sun Butter Jelly WG- Sandwich  Salad Bar
Popcorn Chicken WG <span>27</span>  Black Bean Corn Mango Salad  Ham & Cheese WG- Sandwich  Salad Bar	Bosco Cheese WG- Stick <span>28</span>  Marinara Sauce  Sun Butter Jelly WG-Sandwich  Salad Bar	Spaghetti & Meat Sauce WG-Butter Noodles Green Beans Garlic Bread <span>29</span>  Turkey & Cheese WG-Sandwich  Salad Bar	Hamburger or Cheeseburger On WG-Bun <span>30</span>  Tatar Tots  Ham & Cheese WG-Sandwich  Salad Bar	<b>Daily Milk Choice</b>  <i>Skim</i> <i>Reduced Fat 1%</i>  <i>WG= Whole Grain</i>

# Good Shepherd Lunch Program

2021-2022

Lunch is free  
\$0.00  
milk is  
included

Ala carte  
\$1.75

Milk  
\$.50  
lunch from  
home  
or  
second milk

Smart Snack  
\$1.00

Please keep your students lunch account current with funds available

## Good Shepherd Lunch Program

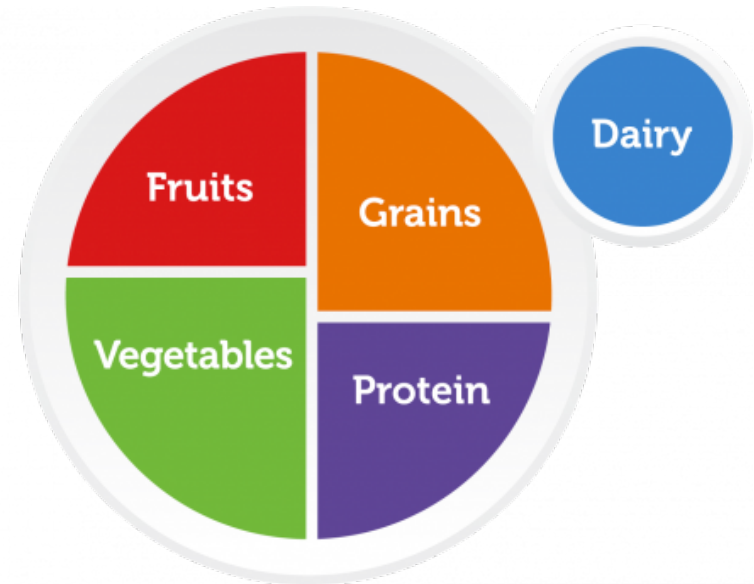
Good Shepherd follows the USDA Child Nutrition Program when planning menus.

We serve lean, quality meats with little or no trans fats and a minimal amount of added sugars or salts.

We have fresh produce delivered weekly using locally grown produce when available.

Our breads are delivered fresh weekly from a local bakery using whole-wheat flour in all products.

As part of Good Shepherd's commitment to quality we work with distributors and vendors to source locally produced sustainable products.



All products are baked or steamed, never fried.